



Do you know someone who is isolated?

Over 60 and have been suffering with a long-term health condition?

Just needing a little more support to get out and about?

I can help people during the early stages of getting out and about again, helping support daily life and give advice and encouragement to get back in touch with their community again.

I can help with communication between organisations, family, carers, relevant clubs and community activities.

I will encourage individuals to take up opportunities to participate in community based activities improving their health and wellbeing and building confidence.

Be Quick!

Don't Miss Out!!

Use this new service!

Contact me Margaret Halliday

on 0141-357-6747 for more information

or e-mail me on margaret.halliday@annexecommunities.org.uk

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SCOTTISH
COMMUNITIES
for HEALTH
& WELLBEING

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